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Hey, Halifax, let's kick it — skating'll soon be back at the Emera Oval with a brand new addition; let rented speed skates take a hold of you tightly PAGE 4

Paying tribute to Madiba

About 100,000 mourners and nearly 100 world leaders will honour 'global icon of forgiveness' today PAGE 10

HE NEEDS A HALLADAY

BELOVED FORMER BLUE JAY SIGNS — FOR JUST ONE DAY — TO COME TOGETHER WITH HIS OLD TEAM BEFORE RETIRING PAGE 24



Miranda Frison and Ifari Fraser, both 17, pose next to the crosswalk on Agricola Street where they were hit last Thursday night. JEFF HARPER/METRO

'We're going to get hit'

String of pedestrian collisions. Teenager the latest to be struck at marked crosswalk



HALEY RYAN
haley.ryan@metronews.ca

Miranda Frison crosses her arms, hugging her white and blue coat tightly around herself as a light snow fell on the corner of Agricola and Charles streets Monday afternoon.

She says a car hit her left leg on Thursday around 8:30 p.m. as she crossed the north-end street with her boyfriend Ifari Fraser.

"We got about halfway across the intersection when all of a sudden it just bolted," Frison said, pointing to the spot.

"It felt like a huge punch to my knee."

Frison and Fraser, both 17, said they had no time to react or finish crossing the road before the car turned left to go north on Agricola.

"I was like, 'Oh, I don't think they see us. Oh, are they going to slow down? No, they're not going to slow down. We're going to get hit,'" said Fraser.

The young man who hit them apologized and made sure they were OK, Frison said, but drove away without leaving any contact information.

After Frison called her parents, she said her mother made her walk to see if anything was broken.

"All of a sudden I got shooting pain up my leg," Frison said, adding it was still sore on Monday, and doctors had told her it was tissue damage.

Const. Pierre Bourdages of the Halifax Regional Police said they had the report on file but did not know any details. He said an officer would follow up with Frison within a couple days as the incident wasn't reported to police until Friday.

Frison's incident on Thursday was the seventh in a string of pedestrians getting hit in marked crosswalks over the past seven days.

"It's a great concern to have that many," Bourdages said, urging both pedestrians and drivers to be more aware because the consequences could be "tremendous."

Frison said she's hoping drivers pay more attention with slippery winter conditions, but pedestrians also need to make eye contact with any driver before stepping out.

"I'm concerned about people getting hurt in the future," she said.

Quoted

"I'm happy that we didn't get hurt worse."
Miranda Frison



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Suspicious package turns out to be forgotten lunch bag

'You never know.' Police close busy downtown street to investigate

Police closed off part of Barrington Street Monday morning after a suspicious package was reported because it was "the safest thing to do," said a Halifax Regional Police spokesman.

Const. Pierre Bourdages said the area between Prince and Sackville streets was closed after police received a call from a concerned citizen around 9:30 about a small black bag sitting on the sidewalk.

"They were concerned because ... given its location close to a business, they believed it was suspicious," he said.

Bourdages said while the bomb squad and robot investigated the bag, the owner approached officers on scene and told them he had forgotten his lunch on the sidewalk earlier.

Although the incident might be embarrassing for the person who left their bag behind, Bourdages said, they always encourage citizens to call police if they see something out of the ordinary because "you just never know."

"It's the safest thing to do," Bourdages said.

Though many people on social media questioned how police could seriously think a lunch bag was dangerous, Bourdages said suspicious packages may seem normal to those who know what they are but not necessarily to the general public.

Bourdages said there were six suspicious packages called into police last April and May, and all turned out to be safe.

He said one contained hearing aids, and another was a cooler containing concrete from a construction job.

"We have to consider everything suspicious," Bourdages said "We'd rather have traffic issues than have something that might be dangerous."

HALEY RYAN/METRO

Quoted

"We can come down with ... specialized equipment and make sure that these items are safe."

Halifax Regional Police spokesperson Const. Pierre Bourdages



Police and a bomb robot inspect a suspicious package on Barrington Street Monday morning. JEFF HARPER/METRO

'He's a tough guy': Lawyer of jailed Trevor Zinck



Trevor Zinck JEFF HARPER/METRO

A lawyer for a former Nova Scotia politician who is in jail for fraud says his client is doing well.

Lyle Howe appeared on Trevor Zinck's behalf Monday in provincial court to request a delay in a drunk driving case involving the former politician.

Howe said outside court that Zinck is at the Central Nova Scotia Correctional Facility in Burnside and the former member of the legislature is expecting to finish his sentence before his next court appearance in January.

"He's a tough guy and he's overcoming the issues he's facing and he's excited to get out and move on to the next chapter," said Howe.

In court Monday, Judge Frank Hoskins agreed to delay the date for Zinck's plea on drunk-driving charges until Jan. 27. Howe told the court that he needed time to consult with his client.

Zinck was arrested Oct. 2 after police stopped a vehicle on the street where he lives in Dartmouth.

Zinck, who represented Dartmouth North, was the last of four ex-politicians to be sentenced in the legislature's expense scandal.

He was sentenced Oct. 9 in Nova Scotia Supreme Court to four months in jail and a year's probation on charges of fraud over $5,000 and breach of trust.

THE CANADIAN PRESS



Sugar, spice and everything ice

Lace 'em up. Halifax skating oval slated to open on weekend, weather permitting

GEORDON OMAND
halifax@metronews.ca

There might be a silver lining to the run of chilly weather forecast for the Halifax area over the coming week.

If the below-zero temperatures hold, people may be able to lace up their skates and hit the ice at the Emera Oval as early as Sunday.

The popular outdoor skating facility, located on the Halifax North Common near the intersection of North Park and Cogswell streets, is scheduled to open to the public the morning of Dec. 15.

That is a full 10 days earlier than last year's Christmas Day opening, though HRM spokeswoman Janet Bryson said this year's date is still weather-dependent.

"There has to be consistent weather below freezing to maintain the ice," she said on Monday.

Workers have been on scene since last week putting in lines, laying ice and preparing the facility, she added.

The oval is Canada's largest outdoor, artificially refrigerated ice surface this side of Quebec City.

It was built when Halifax hosted the 2011 Canada Winter Games.

Following the event, city officials responded to public demand by converting the oval into a permanent, year-round attraction.

It has since become an all-season fixture for the city, with skating in the winter and rollerblading and roller skating in the summer.

"It's really nice to see it used in different seasons," said Bryson. "It gets people out and active.... People are drawn to it."

This year, for the first time, the oval will lend out speedskates. Officials have also organized a New Year's Eve celebration.

More online

The public is encouraged to check in at halifax.ca/skatehrm to find out more about upcoming events and the official opening date.



Sean Street of Nustadia Recreation makes a pass around the Emera Oval on the Zamboni on Monday. JEFF HARPER/METRO

No charges in police shooting


Police on scene after the June 27 shooting. COURTESY SEAN DEWITT

No charges will be laid against a Halifax Regional Police officer who shot a man three times after an investigation by a Nova Scotia agency.

The Serious Incident Response Team says there are no grounds for charges because it was reasonable for the officer to conclude his life was in danger when he shot a 35-year-old man, who had pulled a knife and threatened to stab officers who pursued him on the evening of June 27 in Dartmouth.

Police were called to the man's home where he first made the threat, then ran away before he was found on the sports field of Prince Arthur School.

Two uniformed officers chased him on foot for about 100 metres when the man stopped, threatened an officer with a knife and wouldn't drop the weapon.

The police watchdog says the man told investigators he had been using crack cocaine for four days and heard his dead father's voice telling him he should kill himself.

He told investigators he wanted police to shoot him. THE CANADIAN PRESS

The victim

The man was struck by three shots and released from hospital the day after the shooting.

Millbrook. Armed theft at convenience store

Police in Nova Scotia are investigating an armed robbery at a convenience store.

Millbrook RCMP say a man armed with what was believed to be a gun entered Abenaki Variety at 5:30 a.m. Monday with a woman.

Police say the man ordered the lone employee to open the till while pointing the firearm at her. He then pushed the employee aside and took an undisclosed amount of money.

He also demanded cigarettes and the employee put several cartons of smokes on the counter for him. He handed them to the other woman to put in a duffle bag.

The two then fled in a small unidentified vehicle.

The man is described as approximately six-foot-one with a slim build. He was wearing a camouflage jacket, blue jeans and black sneakers with a white bottom. TRURO DAILY NEWS

Clayton Park

Purse snatcher thwarted over weekend: Police

Halifax police are reporting a robbery attempt in Clayton Park on Sunday night.

Police say a 50-year-old woman was walking on Gristmill Court near Chadwick Place around 6:30 p.m. when an unknown man tried to steal her purse.

A struggle ensued, during which time an unknown person yelled from across the street.

Officers say the assailant then let go of the purse and fled the scene on foot.

Police describe him as a slim white man 17 to 22 years old.

He was wearing a grey hoodie, jeans and white sneakers at the time. GEORDON OMAND/FOR METRO

South Street

Transit supervisor ticketed in crosswalk accident

Halifax police have ticketed the Metro Transit supervisor accused of driving into a 19-year-old man who was using a marked pedestrian crossing in Halifax's south end on Wednesday.

The 48-year-old driver was behind the wheel of a Metro Transit SUV at the time.

Police say he struck the man just before 6 p.m. while he was crossing South Street near the Dalplex sports facility.

Of the six incidents in which pedestrians were hit in Halifax crosswalks last week, this is the fifth driver to be ticketed. No ticket will be issued in the other incident. METRO

Provincial history

Museum kicks off new e-publishing program

The challenge of getting in touch with this province's history may be a thing of the past.

The Nova Scotia Museum has launched an electronic publishing program that will post a selection of the museum's research papers and books online.

"(This) opens the door to a new level of accessibility for Nova Scotians who work with, and rely on, museum research," said Nova Scotia's Communities, Culture and Heritage Minister Tony Ince in a press release.

Among the first publications to be made available are The Natural History of Nova Scotia and Baskets of Black Nova Scotians. METRO

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'Fragmented' network. Council to debate Cole Harbour open space plan

Committee gives plan OK

- HRM's environment and sustainability committee is recommending adopting the plan as a guideline and implementation framework.

Halifax regional council will debate another planning document this week, one pertaining specifically to Cole Harbour.

The Cole Harbour Basin Open Spaces Plan is specifically focused on open space planning, programming, integration and infrastructure planning in the area bounded by Highway 107, Caldwell Road and the Forest Hill Parkway and "critical watershed boundaries."

A staff report going to council on Tuesday states the plan will help address a "fragmented" park network resulting from 30 years of rapid residential development without a comprehensive plan.

"As a result, today's park network is fragmented with some lands and facilities that are not meeting the needs of today's residents, with respect to connectivity and multi-functional programming," states the report.

The Open Spaces Plan will address the broad issues of connectivity, program delivery and sustainability, while also touching on specific concerns such as the use of the 50-acre Nova Scotia Rehab lands. RUTH DAVENPORT/METRO

Cape Breton. Men charged in home invasion remanded

Two Cape Breton men charged in connection with a North Sydney home invasion that sent five people to hospital Saturday have been remanded to the Cape Breton County Correctional Facility until their bail hearings.

Shane Hatcher, 36, was charged with assault with a weapon, aggravated assault, and breach of recognizance, while Brian Hardy, 37, was charged with assault with a weapon, aggravated assault, and breach of recognizance.

Two women reported that four men with hoods up forced their way into the home looking for another man who was not there at the time. One of the men sprayed bear spray in the home and then all four men fled in a vehicle.

Police later received another call in the area after a 22-year-old man was assaulted at the same Stanley Street home. He was later transported to hospital in Halifax. CAPE BRETON POST

East Coast red ribbon campaign launched

MADD. HRM mayor reminds people to be safe over holidays

GEORDAN OMAND
halifax@metronews.ca

Canada's national president of Mothers Against Drunk Driving shared a story of personal loss on Monday as she helped launch the official start of Project Red Ribbon for Atlantic Canada, reminding people about the importance of driving sober during the holiday season.

Angeliki Souranis's son Craig was killed at the age of 20 in a 2008 impaired driving crash.

"Even with my 27 years of experience as a social worker I was not prepared for the depth of grief I have experienced with Craig's loss," she said. "Learning to live without him is a daily struggle."

According to MADD Canada, between 1,250 and 1,500 Canadians die every year in impaired driving-related incidents.

"Every one of these crashes is completely preventable," said Souranis.

Now in its 26th year, Project Red Ribbon is one MADD's best-known initiatives.

Participants are asked to tie a red MADD ribbon onto their vehicles as a pledge and a reminder to drive sober over the holidays.

More than 700 MADD volunteers will be active this year handing out red ribbons and educational material in 100 communities across Canada.

Irving Oil has been the project's official sponsor in Atlantic Canada since 2010.

So far in 2013, Halifax police have charged more than 470 people with impaired driving in the regional municipality.

About a third of those charges stemmed from safety-minded drivers who called 911 to report a suspected impaired driver.

"What people should take away is that drinking and driving makes no sense," said Halifax Mayor Mike Savage.

"I think a lot of people are getting that message," he added. "We need everybody to get it."



Angeliki Souranis, MADD Canada national president, ties a red ribbon on a tractor truck handle outside of Halifax Regional Police headquarters on Monday to kick off this years Red Ribbon Campaign. JEFF HARPER/METRO

Don't ruin Christmas

"The whole holiday season can be ruined for a lot of people if we're careless."
HRM Mayor Mike Savage



Muskrat Falls

Federal loan details for hydro project coming: Sources

Federal and provincial sources say Newfoundland and Labrador Premier Kathy Dunderdale will announce financing details Tuesday for the Muskrat Falls hydro project.

Her office says the premier will make a "significant" announcement at an evening news conference.

Provincial Finance Minister Tom Marshall has said in recent weeks that a final deal on a promised federal loan guarantee was close.

Backing from Ottawa is expected to save about $1 billion in borrowing costs from the $7.7-billion project under construction in Labrador.

A major hurdle was cleared last month when Nova Scotia's Utility and Review Board approved the $1.5-billion Maritime Link.

The subsea link would bring Muskrat Falls power to Nova Scotia as part of the joint project to help wean the province off coal-fired energy. Prime Minister Stephen Harper announced Ottawa's backing for Muskrat Falls a year ago as long as partners in Nova Scotia and Newfoundland and Labrador are committed to it.

The development is a joint venture between Nalcor Energy, Newfoundland and Labrador's Crown utility company, and Nova Scotia private utility Emera.

THE CANADIAN PRESS

Lobster pound could be operating in a week's time

Investigation. Fire destroyed main storage building at the site



Owner Pierre Boissonnault walks through the remains of his lobster pound after fire destroyed the building Sunday night. DIGBY COURIER

A lobster pound in southwestern Nova Scotia could be back in operation within a week after a fire ravaged much of the facility.

Pierre Boissonnault, president of La Pointe Seafoods Inc. in Belliveau's Cove, said Sunday's fire destroyed the main storage building holding about 10,000 pounds of lobster.

He said he was on the site when the fire broke out and smelled the smoke before alerting firefighters and police.

Boissonnault said the building that was destroyed was capable of storing up to 50,000 pounds of lobster. He said the monetary loss would have been far greater had the facility been full.

The provincial fire marshal was on the scene Monday but it wasn't immediately clear what caused the blaze.

Boissonnault said a newer storage facility next to the main building was not damaged and should be up and running within a week once electrical power is restored.

"It was being fed power from the old building so we are going to have a slow down of about a week before we can get the other one up and running," he said.

In the meantime, local businesses have offered temporary storage space until his pound can accept more lobster.

"The local guys that I deal with have been very supportive," said Boissonnault.

The blaze broke out around 8 p.m. on Sunday.

THE CANADIAN PRESS

In numbers

7

Firefighters from seven area departments battled the flames until 3 a.m. Monday.

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A Christian man chases a suspected Muslim with a knife in Bangui, Central African Republic, Monday. Christian and Muslim mobs have amplified the violence, going on lynching sprees last week. JEROME DELAY/THE ASSOCIATED PRESS

Violence in Central African Republic

Sectarian conflict. 400 died last week in two days of fighting between Christians and Muslims

Dozens of young men stood waiting for storm clouds to pass in Central African Republic's capital. They spotted a man in a flowing white robe traditionally worn by Muslims, hand-in-hand with his adolescent son.

Hungry for revenge, the crowd descended upon the pair. The man's terrified son broke away and fled on foot, abandoning his father as the knife-wielding mob clutched the middle-aged man.

Muslim rebels known as Seleka overthrew the government of this majority Christian nation nine months ago, sparking mounting sectarian violence that prompted former colonizer France last week to deploy troops to Bangui in an effort to stop the bloodshed.

In a city where more than 400 people died last week in two days of tit-for-tat violence between Christians and Muslims, it was clear Monday there is still enough pent-up rage left that a crowd will try to kill a man on sight.

In this case, French forces intervened just in time, firing into the air as a warning. Other Muslims were not as fortunate. In the Benzvi neighbourhood, a mob descended upon two ex-Seleka leaders leaving their home.

THE ASSOCIATED PRESS

Quoted

"After the French leave, things will explode."

Abdel Wahid, Central African Republic resident and Muslim

3.5 billion years ago

Ancient lake once existed on Mars: Scientists

NASA's Curiosity rover has uncovered signs of an ancient freshwater lake on Mars that may have teemed with tiny organisms for tens of millions of years, far longer than scientists had imagined, new research suggests.

The watering hole existed about 3.5 billion years ago. Scientists say it contained nutrients — a perfect spot to support microbes. THE ASSOCIATED PRESS

Modern-day slavery

New RCMP unit to fight human trafficking

The federal public safety minister has announced the creation of an RCMP unit that will work closely with law-enforcement partners in Quebec to fight human trafficking in Canada and abroad.

Steven Blaney says significant progress has been made over the past year but that much work remains to be done on modern-day slavery in Canada. THE CANADIAN PRESS

Czech Republic

Young Roma singers attacked

The head of a Roma youth singing group says her students were attacked in an eastern Czech town.

Ida Kelarova, a well-known musician, says 19 singers from the Chavorenge group were attacked by about a dozen men Friday evening in Hodonín. She called the incident "shocking." Kelarova said Monday the attackers targeted four singers and kicked them in front of the others, who included eight-year-olds. THE ASSOCIATED PRESS

Early election not enough for angry Thai protesters

Desperate to defuse Thailand's deepening political crisis, Prime Minister Yingluck Shinawatra dissolved Parliament's lower house on Monday and called early elections. But protesters seeking to topple her vowed to carry on their fight, saying they cannot win the polls because of corruption.

A decree from King Bhumibol Adulyadej scheduled the elections on Feb. 2 and named Yingluck as interim prime minister until then. The protesters demanded that she resign as caretaker and rejected the election date, putting the strongly royalist movement at odds with the royal decree.

Protest leader Suthep Thaugsuban, who faces an arrest warrant on insurrection charges, spoke to more than 150,000 followers at a stage outside Yingluck's offices, challenging authorities to "Come get me!" He claimed that his movement was assuming some functions of government, citing a clause in the constitution stating that "the highest power is the sovereign power of the people."

He said a new prime minister and a non-elected "people's council" — which has no basis in the constitution — would work to end corruption in politics and keep Yingluck and her brother, former Prime Minister Thaksin Shinawatra, from returning to power.

THE ASSOCIATED PRESS



Anti-government protesters outside the Thai prime minister's office in Bangkok, Monday. MANISH SWARUP/THE ASSOCIATED PRESS

Duel for power

The opposition Democratic party, allied with the protest movement, has been defeated by Thaksin Shinawatra-allied parties in every election since 2001, and is unlikely to win the new polls.

- Thaksin, a former telecommunications billionaire, was toppled by a 2006 military coup that laid bare a deeper conflict between Thailand's elite and the largely urban middle class on one side, and Thaksin's power base in the countryside on the other. That base benefited from his populist policies designed to win over the rural poor.
- The two sides have been duelling for power, sometimes violently, since Thaksin was ousted for alleged corruption and abuse of power.



Search for survivors of train crash tragedy

Rescuers search for victims in the wreckage of a commuter train that was derailed after it collided with a fuel tanker truck on the outskirts of Jakarta, Indonesia, Monday. The accident killed the train engineer, his assistant, a technician and two female passengers, Jakarta police said. Nearly 100 people were injured.

TATAN SYUFLANA/THE ASSOCIATED PRESS

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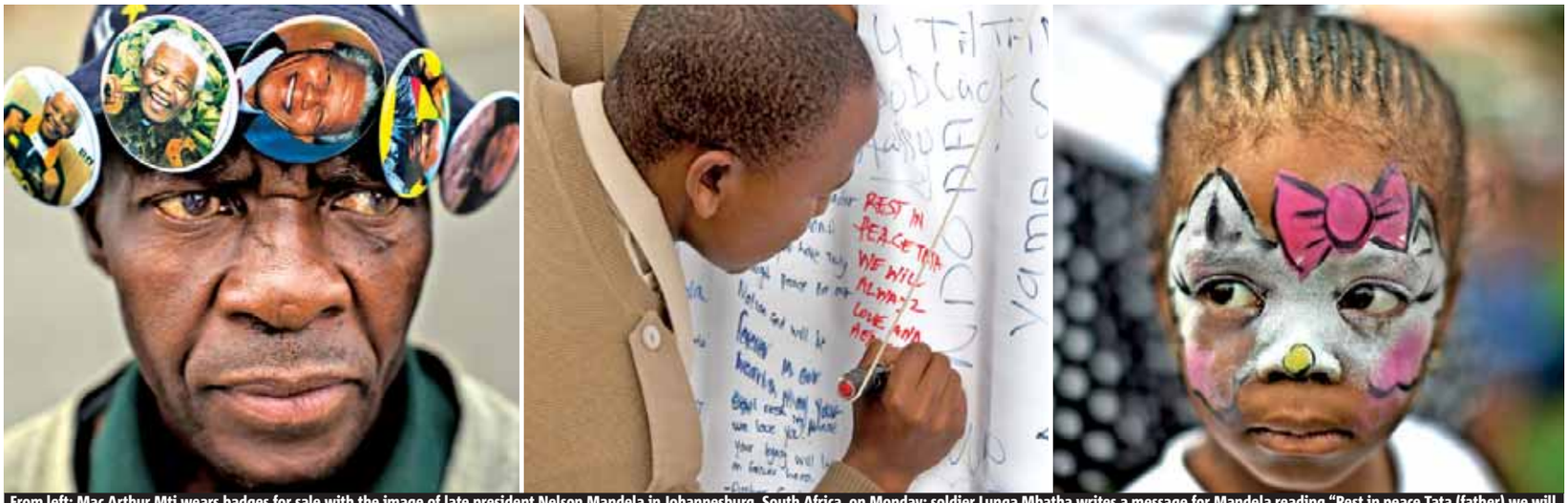
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From left: Mac Arthur Mti wears badges for sale with the image of late president Nelson Mandela in Johannesburg, South Africa, on Monday; soldier Lunga Mbatha writes a message for Mandela reading "Rest in peace Tata (father) we will always love and remember you"; a South African girl looks at a performer during an event to pay tribute to Mandela. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

South Africa prepares for massive Mandela memorial

In mourning. World leaders to eulogize anti-apartheid icon

South Africa prepared Monday for a massive memorial in a soccer stadium honouring Nelson Mandela, where an eclectic mix of world leaders will eulogize the anti-apartheid icon before a crowd of nearly 100,000 mourners.

As a prelude to the stadium event, United Nations Secretary General Ban Ki-moon and retired Archbishop Desmond Tutu spoke at an event at the Nelson Mandela Centre of Memory Monday night.

"What a fantastic gift God gave to us in this Mandela, who quickly became an icon, a global icon of forgiveness, of generosity of spirit," Tutu said.

At the Soweto stadium where Mandela made his last public appearance at the 2010 World Cup, workers busily constructed a stage protected by bulletproof glass for Tuesday's memorial.

Nearly 100 heads of state are expected at the 95,000-capacity FNB Stadium, where some mourners are already camped out to be the first ones inside.

A program released by the South African government showed U.S. President Barack Obama would speak, as would Ban and Chinese Vice-President Li Yuanchao. South African President Jacob Zuma will give the keynote address.

Mandela died Thursday at age 95. After the stadium memorial on Tuesday, Mandela's body will lie in state at the Union Buildings, the seat of government in South Africa's capital, Pretoria, from Wednesday to Friday.

THE ASSOCIATED PRESS

Security still a concern

Police promised "thousands" of officers would secure the stadium for Tuesday's memorial, though security appeared lax Monday.

- Officers will direct traffic, protect mourners and help the bodyguards of visiting dignitaries, Lt. Gen. Solomon Makgale, a spokesman for the South African Police Service, said Monday.
- "Whether we have 10 heads of state coming or 70 or 100, we do have the capacity and plans in place to facilitate their movement," Makgale said.
- Makgale said a joint task-force of police, diplomats and intelligence service personnel have been making plans and talking to the foreign delegations who plan to attend the ceremony.
- Authorities expect overflow crowds to watch the event at nearby stadiums, as well, saying they'd shut off access if the crowds grow too large.
- Meanwhile, a private security firm called Sidas Security was still hiring guards for Tuesday's event on Monday, using a compact car as an office. Sidas manager George Mathabe said the company will have 1,500 guards on duty Tuesday.

Canadian delegation arrives

Workers rush to prepare for memorial

Clouds hung over Johannesburg as a Canadian delegation arrived Monday to be part of the massive outpouring of grief and celebration following the death of Nelson Mandela.

Prime Minister Stephen Harper smiled and waved to a small gathering of South African and Canadian diplomatic officials as he stepped out of his plane onto a tarmac at Air Force Base Waterkloof, north of the city itself.

As the Canadian delegation made their way into the city, crews were still constructing the stage that will form the centre of what is expected to be a huge memorial for Mandela on Tuesday.

The Canadians flew for 18 hours to witness a country both suffering the pain of losing a world-renowned leader and swelling with the pride of having had him as president.

Harper will be joined at the memorial by former prime ministers Brian Mulroney, Jean Chretien, Joe Clark and Kim Campbell.

"He had a wonderful sense of humour and the most magnificent smile," Mulroney said as he recalled many private meetings with Mandela.

In the 1980s, Mulroney made Canada a key player in the struggle against the apartheid regime that had imprisoned Mandela for 27 years.

Chretien followed up years later when his Liberal government made Mandela an honorary Canadian citizen, a symbol of Canada's respect for the man that still holds today.

Following the memorial in Johannesburg, the delegation will join a procession Wednesday in Pretoria, where Mandela's body lies in state. A state funeral will be held Sunday.

THE CANADIAN PRESS



Canadian Prime Minister Stephen Harper speaks with former prime ministers Brian Mulroney, left, Kim Campbell and Jean Chretien on board a government plane travelling to South Africa on Sunday. Harper and the former prime ministers plan to attend the memorial for Nelson Mandela. ADRIAN WYLD/THE CANADIAN PRESS

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Ukrainian chairman of the opposition party Udar and WBC heavyweight boxing champion, Vitali Klitschko, surrounded by police, tries to stop possible clashes between police and Pro-European Union activists in Kyiv, Ukraine, on Monday. Hundreds of police in full riot gear on Monday flooded key sites of mass anti-government protests. EFREM LUKATSKY/THE ASSOCIATED PRESS

Police move in on Kyiv protests

Tensions mounting. Opposition says its offices were raided; police deployed near protesters

Heavily armed riot troops broke into the offices of a top Ukrainian opposition party office in Kyiv and seized its servers Monday, the party said, as anti-government protests crippled the capital for yet another day.

Elsewhere police dismantled or blocked off several small protest tent camps near key national government buildings in the city.

Tensions also rose as a double cordon of helmeted, shield-holding police deployed in the street near Kyiv's city administration building, which demonstrators had occupied and turned into a makeshift command post and dormitory.

The moves came a day after hundreds of thousands of demonstrators crammed into Kyiv, the biggest in three weeks of protests that started when Ukraine's president backed away from signing a long-awaited pact to deepen ties with the European Union.

Protesters are angered not only by the thwarting of their desire to become closer to the West and spin out of Russia's orbit, but by police violence against the demonstrators. Club-swinging police have twice broken up protest rallies.

Ostap Semerak, a member of the Fatherland Party, said that troops broke into the party's offices on Monday evening, some climbing in through its windows.

"They are storming us. The images are insane," he said by telephone.

The troops left after confiscating some computer equipment, he said.

Party member Marina Soroka also said the troops surrounded and blockaded several opposition-minded Ukrainian media outlets, making their and other media websites inaccessible. THE ASSOCIATED PRESS

MP files complaint against senator's 'misogynistic attack'

A New Democrat MP has formally lodged a complaint against a Conservative senator for what she describes as a condescending, "misogynistic," personal attack against her.

Charmaine Borg has asked the Speaker of the House of Commons to rule that her ability to do her job as an MP was impeded by a letter sent to her last week from Sen. Jean-Guy Dagenais.

In the letter, which was copied to all MPs, senators and their staff, Dagenais characterized Borg as a whiny, ignorant, useless Quebec MP who was elected by fluke and stands little chance of being re-elected.

Dagenais' letter was sent in response to a flyer Borg sent out in her riding advocating the NDP's long-held belief that the Senate should be abolished.



NDP MP Charmaine Borg
SEAN KILPATRICK/THE CANADIAN PRESS

Borg says she was particularly insulted by Dagenais' suggestion that she should get some books from the parliamentary library to inform herself about the Senate before criticizing the institution.

Borg, who is 23 years old, says that's the kind of "old-school mentality" that discourages young women from entering politics.

"The overall tone of this letter suggests that I am simply a little girl who does not take her work seriously," Borg told the Commons on Monday.

Outside the chamber, Borg called the tone "very misogynistic," and added: "I think if I was an old white man, he wouldn't have attacked me."

The Speaker did not rule immediately on Borg's question of privilege.

In an interview last week, Dagenais said his letter is part of a campaign by some Conservative senators, including Senate Speaker Noel Kinsella, to defend themselves and their institution after taking a year-long drubbing over the Senate expenses scandal.

THE CANADIAN PRESS

The red planet

Mars rover finds ancient lake

NASA's Curiosity rover has uncovered signs of an ancient freshwater lake on Mars that may have teemed with tiny organisms for tens of millions of years, far longer than scientists had imagined, new research suggests.

The watering hole near the Martian equator existed about 3.5 billion years ago. Scientists say it was neither salty nor acidic, and contained nutrients — a perfect spot to support microbes.

"This just looks like a pretty darn ordinary Earth-like lake in terms of its chemistry," said project scientist John Grotzinger of the California Institute of Technology. "If you were desperate, you could have a drink of this stuff."

The findings were published online Monday in the journal Science.

THE ASSOCIATED PRESS



A self portrait of the Mars rover, Curiosity
NASA/THE ASSOCIATED PRESS





Border battle. Canada submits North Pole claim

Canada says it will try to extend its territorial claims in the Arctic to include the North Pole, although it hasn't yet fully mapped the area, doesn't have the scientific evidence to back the claim and faces major diplomatic hurdles.

A formal scientific submission was made to the United Nations Commission on the Limits of the Continental Shelf last week covering 1.2 million square kilometres of territorial claims in the Atlantic, but the government says the material submitted for the Arctic Ocean is only preliminary.

Despite saying two years ago that data collection was complete, the federal government plans to send its scientists back into the field for more work mapping the Lomonosov Ridge, a giant undersea mountain range, which Ottawa says could secure the North Pole for Canada.

Arctic experts say that other countries can also argue that the range extends from their shores. THE CANADIAN PRESS

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Hurry B4 its 2 Late!

Selfie simulacrum: The scanned 3D self

Whether in a revolution, crime scene or dinner party, the selfie — Oxford Dictionary's word of the year — is an essential souvenir. British art student Lorna Barnshaw has taken the craze a step further with her 'Replicants' project, capturing herself with the most advanced scanners and 3D printing herself in full size.



Lorna Barnshaw's 3D selfie. LORNA BARNSHAW

I read that you wanted to recreate reality. How close did you come?

Not very close, because the scanners create glitches, so this is more about showing where the technology is at the moment. I tried to step back and let the machines do the work but they struggled at times and couldn't get the back of the head right.

I tried all the available options but you can't recreate natural lighting so the face appears lifeless and cold. With photos you can see emotion in a real-life environment. In a way this is what happens to us as we adapt and integrate with technology.

What does this say about human immersion in technology?

It's very strong and you can see that already with printed body parts and the augmented reality we can access. It's both exciting and scary, because technology has glitches. We are always trying to perfect it, but never satisfied.

Does the selfie craze prove we are all hopeless narcissists now?

It's about documentation of everything in life and gives you the appearance of control in it. We can create mirrors wherever we go.

What might you do with your replicant?

I'm sure it would make a good alibi.

METRO WORLD NEWS

Hockey beats Crackgate

Leafs bodycheck Rob Ford off top of Facebook list

Toronto Mayor Rob Ford made headlines around the world but his antics didn't top Facebook Canada's list of the year's top topics. The Toronto Maple Leafs generated the most chatter, followed by the Harlem Shake dance craze, Miley Cyrus's infamous twerk, the Boston Marathon bombing and Ford, who came in fifth. THE CANADIAN PRESS

2008 VP hopeful

You betcha, Palin's trying to stay in the limelight

The Sportsman Channel said Monday it has hired Sarah Palin to be host of a weekly outdoors-oriented program that will celebrate the "red, wild and blue" lifestyle. The program, Amazing America, will debut next April. The Sportsman Channel is in some 32 million homes, less than one-third of U.S. households with TV. THE ASSOCIATED PRESS

Market Minute

DOLLAR 94.03¢ (+0.19¢)

TSX 13,312.78 (+32.06)

OIL $97.34 (-$0.31)

GOLD $1,234.20 (+$5.20)

Natural gas: $4.24 US (+$0.9)
Dow Jones: 16,025.53 (+5.33)





Gamers play a game on the Xbox One console during the Electronics Expo 2013 in June in Los Angeles. New reports reveal American and British intelligence operations were spying on gamers. KEVORK DJANSEZIAN/GETTY IMAGES FILE

Spy agencies kept an eye on fantasy gamers: NSA leaks

Reports. Documents leaked by Edward Snowden reveal U.S., U.K. monitored online games

American and British intelligence operations have been spying on gamers across the world, media outlets reported, saying that the world's most powerful espionage agencies sent undercover agents into virtual universes to monitor activity in online fantasy games such as World of Warcraft.

Stories carried Monday by The New York Times, the Guardian, and ProPublica said U.S. and U.K. spies have spent years trawling online games for terrorists or informants. The stories, based on documents leaked by former National Security Agency contractor Edward Snowden, offer an unusual take on America's world-spanning surveillance campaign, suggesting that even the fantasy worlds popular with children, teens, and escapists of all ages aren't beyond the attention of the NSA and its British counterpart, GCHQ.

Spy agencies have long worried that such games serve as a good cover for terrorists or other evildoers who could use in-game messaging systems to swap info. THE ASSOCIATED PRESS

Open letter to Obama

Major technology companies, stung by revelations that the U.S. government collects people's personal data on their networks, on Monday issued an open letter to U.S. President Barack Obama asking for tighter controls on surveillance.

- As part of a global campaign to reform data collection, Google, Facebook, Apple and others said concerns over national security should be weighed against individual rights.

CAN WE DROP THE REAL WOMAN CLICHÉ?



SHE SAYS

Jessica Napier
metronews.ca

Last week a stranger asked me if I was expecting; I am not even remotely pregnant, although perhaps this is a sign I should lay off the boxes of holiday chocolates.

It was a harmless mistake I suppose — I think I was resting my hand on my stomach in a suggestive manner — but the incident did get me thinking about our willingness to comment so freely on other people's bodies, despite how inappropriate it might seem.

Bodies, especially female ones, are constantly in the public discourse. Fitness blogger Maria Kang (a.k.a. Fit Mom) caused quite a stir recently after posting a photo on her Facebook page in which she is flaunting her toned abs while surrounded by her three children and posing the question, "What's your excuse?"

Kang's narcissism and her finger-pointing at mothers who might try to justify a few pounds of leftover baby weight clearly didn't sit well with many individuals. And her follow up 'Sorry, I'm not sorry' faux-apologies didn't win her any fans either.

Last week, Kang wrote a piece for Time magazine denouncing what she refers to as "the fat acceptance movement" and arguing that "fit women are real women, too." While her self-righteous, fat-shaming irks me, it's her usage of the "real women" cliché that really gets under my skin.

I am a real woman. I eat a salad every single day for lunch and work out on a regular basis. I also really enjoy pizza and doughnuts. I don't believe in Kate Moss' motto that "nothing tastes as good as skinny feels" because hip bones are never going to be as important to me as artisanal cheeses. But that's just me.

Kate Moss is also a "real" woman and yes, so is Maria Kang — although it's worth noting these particular women often have a little help from Photoshop in their public photos. It's problematic to suggest that some women are more authentic than others.

Not all "real women" have curves and yet we can't seem to escape these sorts of absolutist expressions. Leggy, six-feet-tall supermodels with high cheekbones are still actual human beings — no matter how genetically impossible they might seem.

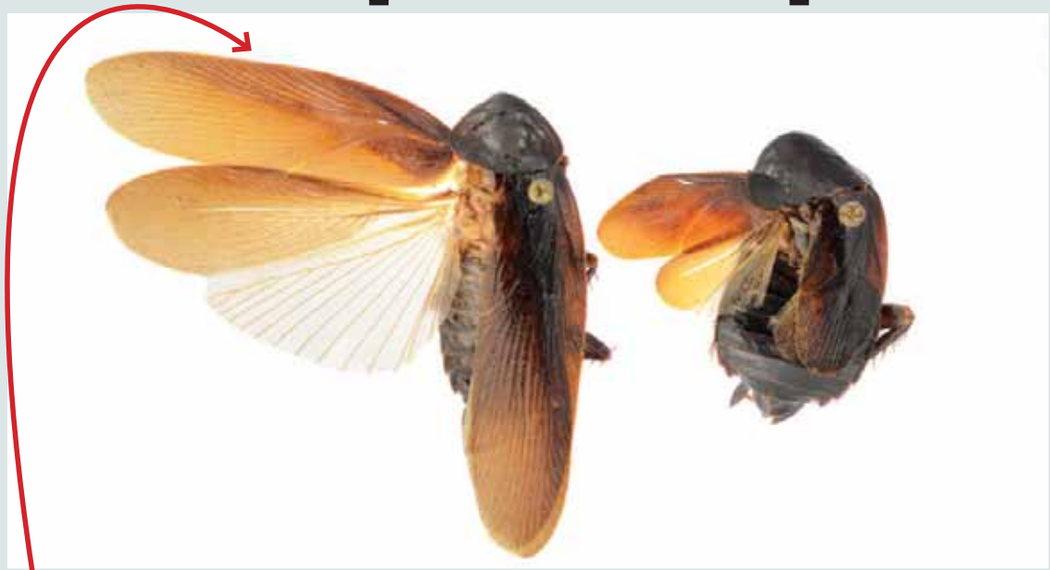
Some people applaud initiatives such as Dove's Real Beauty campaign that try and put "normal" women front and centre in the media, but I have a hard time getting on board with it. Of course I want to see a variety of bodies in mainstream advertising, but labelling them as "real" is just patronizing. Dove might be lauded for their efforts to include a diversity of models in their ads, but the message still elevates appearance over all other human qualities — which is probably understandable since at the end of the day they're still hawking body wash.

I'd love it if we could all stop using the "real women" cliché whenever we talk about bodies that deviate even slightly from the North American beauty ideal. All women, no matter their shape or BMI, are in fact "real" unless they come with a portable inflation pump.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Cockroach species turns up in NYC



UNIVERSITY OF FLORIDA/THE ASSOCIATED PRESS

Invasive insect can withstand winter

The High Line, a park that turned a dilapidated stretch of elevated railway on Manhattan's West Side into one of New York's newest tourist attractions, may have brought a different kind of visitor: A cockroach (pictured) that can withstand harsh, cold winter and has never been seen before in the U.S.

Rutgers University insect biologists Jessica Ware and Dominic Evangelista said the species Periplaneta japonica is well documented in Asia but was never confirmed in the U.S. until now. The scientists, whose findings were published in the Journal of Economic Entomology, say it is too soon to predict the impact but that there is probably little cause for concern.

The newcomer was first spotted in New York in 2012, by an exterminator.

THE ASSOCIATED PRESS

Critter versus critter

"Because this species is very similar to cockroach species that already exist in the urban environment, they likely will compete with each other for space and for food."

Dominic Evangelista, Rutgers University insect biologist
Competition will likely keep the population low, because more time and energy spent competing means less time and energy to devote to reproduction.

No super species hybrid

- The scientists suspect the critter was likely a stowaway in the soil of ornamental plants used to adorn the park.
- The likelihood that the new species will mate with the locals is slim, Evangelista says because "The male and female genitalia fit together like a lock and key, and that differs by species."

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

With Kickstarter and Indiegogo leading the way helping thousands of cash-strapped projects get off the ground, it's easy for niche projects to go unnoticed.



ISTOCK IMAGES

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Rock The Post:
Hobby projects need not apply. Rock The Post's niche is revenue-generating business and rejects about 90 per cent of applicants. So, if you just want a bit of cash so you can take your band and hit the road, this might not be for you (but there's hope, keep reading).

GigFunder:
Didn't get that artists' grant? GigFunder tries to help touring musicians fund their road trips. (Warning: Haven't seen too many successful campaigns to date.)

Twitter

@metropicks asked: Tamagotchi, a 90s electronic pet, will come back in 2014. What other toys should — or shouldn't — return?

@ColinHFX: MOON. SHOES.

@nicoleblancPR: SkipIts! Those things are a hazard!

@strangerob: I pity the store clerks who will have to deal with these damn things & the angry parents.

@turdwrastler: bring back lawn darts

@_J_T_V_: THE JOCK JAMS CD SERIES

@ArCowx: I still have mine!

@SmashSays: @VivienLily Should I preorder you one? Haha

@QRefProblems: Fraggles

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SCENE 2

DVD review



Fast & Furious 6

Director. Justin Lin

Stars. Vin Diesel, Paul Walker, Dwayne Johnson

●●●○○

The recent tragic car crash death of Paul Walker makes Fast & Furious 6 the last possible film with one of its original main co-stars. It's one of the better sequels — meaning action-packed — of this 12-year-old franchise. Directed once again by a steadily improving Justin Lin (he also helmed chapters 3, 4 and 5), the film reunites the ol' gang of hot wheelers just when they think they've made it to early retirement. Walker's Brian O'Conner and Vin Diesel's Dominic Toretto are obliged to put down their pina coladas and rev their engines for a predictably ridiculous story about stopping a badass band of mercenary drivers. Joining the fray are Dwayne Johnson, Michelle Rodriguez, Jordana Brewster, Tyrese Gibson, Sung Kang and Chris "Ludacris" Bridges. Will you believe that a sports car can speed out of a crashing cargo jet? No, but it's fun to watch, although you may get misty-eyed over the scenes involving Walker.

PETER HOWELL

Sounds for the season

If you've been to the mall recently, you know it's beginning to sound a lot like Christmas. We understand if you've hit Jingle Bell Rock-bottom, but if you haven't, here are some festive sound suggestions.

PAT HEALY
Metro World News in Boston

Wrapped in Red: Kelly Clarkson



Listening to the first three songs on Kelly Clarkson's new holiday release is a lot like getting a detailed Christmas card from a good friend who you haven't thought of in a while. It's one part "Oh, hey, so that's what you've been up to" and one part "Oh, right, this is why I like you!" But if you keep listening it's a little bit like hanging out with that old friend for a long weekend. You get traces of "Oh yeah, that's what kinda always bugged me about you." Yes, her voice is every bit as remarkable as it was when she won the first American Idol. The highlight may actually be an original song, Winter Dreams (Brandon's Song), which she wrote for her husband.

A Mary Christmas: Mary J. Blige



Upon first glance, this album looks like such a no-brainer that you wonder why this didn't happen way sooner. Mary's soulful voice and that punny title are holiday gold, right? Not quite. Mary does sound great, but pianist and producer David Foster — best known for creating the Celine Dion sound and the Josh Groban sound — gives the whole collection too much of the Celine Dion sound and the Josh Groban sound. Maybe this compilation really should have happened sooner, and without David Foster.

Duck the Halls: The Robertsons



My initial reaction to any musical output from the family behind Duck Dynasty is one of "who let this happen?" But the weird thing is, it's actually pretty good. Kicking off with Ragin' Cajun Redneck Christmas, a song that Willie Robertson actually co-wrote, is a rootin' tootin' good time. Sure, they have plenty of hired hands from the country music genre helping out, but this is a fun album.

Psych-Out Christmas: Various Artists



The album cover features Santa with a spliff in his mouth, so it's no stretch to say this 17-song compilation is a real trip. It's contemporary psychedelic indie acts like Psychic Ills and Quintron and Miss Pussycat alongside veterans like Iggy Pop, providing mostly sincere — if not a little hazy — takes on holiday classics. Sleepy Sun's re-imagining of What Child is This? is so epic you'll feel as high as the star (or angel) atop your tree and want to see the figurines of the nativity set rocking out to it.

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The vote is split on 2013's best flick

Anyone's awards.
There was no critic consensus in L.A. this weekend, making Oscar predictions tough

The Los Angeles Film Critics Association split between the space odyssey Gravity and the futuristic romance Her, lending no more certainty to an awards season that's so far been full of contenders.

The two films shared best picture in the awards announced Sunday by the L.A. critics, but Gravity was the top award-winner. The innovatively made, lost-in-space drama won for best director (Alfonso Cuaron), best editing (Cuaron and Mark Sanger) and best cinematography (Emmanuel Lubezki).

Her, which is about a man (Joaquin Phoenix) who falls in love with his computer operating system (voiced by Scarlet Johansson), also won for K.K. Barrett's sleek, near-future production design.

But the critics otherwise spread the honours around.

Dual winners were the theme. Best actress was shared by Cate Blanchett for her fallen socialite in Woody Allen's Blue Jasmine, and Adele Exarchopoulos for the lesbian coming-of-age tale Blue Is the Warmest Color. (The later film also won for best foreign language film.)

Best supporting actor was also a two-fer, with the group jointly honouring Jared Leto's performance as an HIV-positive transsexual in Dallas Buyers Club and, more surprisingly, James Franco's performance as the cornrowed gangster Alien in Spring Breakers.

Best actor went to Bruce Dern for his performance in Alexander Payne's father-son road trip Nebraska.

Last year, the LA critics chose as best picture Michael Haneke's aging drama Amour, which went on to win the Oscar for best foreign language film.

The association, a group of several dozen film critics, will hand out the awards in a Jan. 11 ceremony in Los Angeles.

Hollywood's awards season continues on Wednesday with the Screen Actors Guild nominations, followed Thursday by the Golden Globe nominations.

THE ASSOCIATED PRESS

Hard to predict

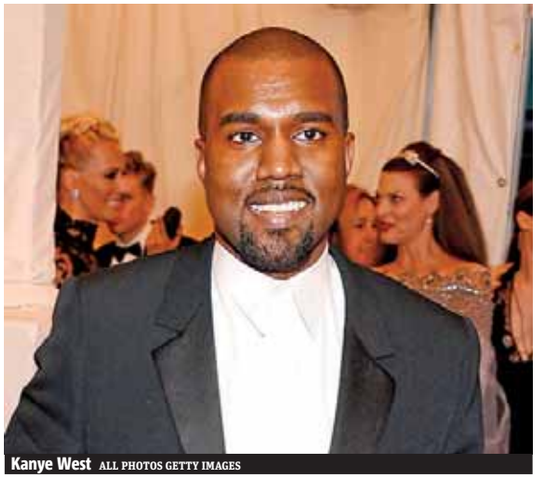
Early movie awards can help sort out the Academy Awards race, but they've been particularly varied this year. Last week the New York Film Critics Circle named American Hustle best film. The National Board of Review picked Her and the Gotham Awards elected Inside W Davis. On Sunday, both the New York Film Critics Online and the Boston Film Critics named the slavery epic 12 Years a Slave best picture. The LA critics also voiced its strong support for the film naming Lupita Nyong'o best supporting actress, and giving a "special citation" to the film's creative team.



Gravity shared the best picture award with Her at the Los Angeles Film Critics Association awards Sunday. CONTRIBUTED







Kanye West ALL PHOTOS GETTY IMAGES

All quiet on the West front: Kanye wants you to know his tour is war zone-tough

Kanye West isn't sure everyone appreciates how dangerous his current tour is. "Like, I'm just giving off my body on the stage. I'm putting my life at risk, literally," West says in an interview with SaturdayNightOnline.com, citing some of the precarious set pieces involved in the live show. "And I think about it. I think about my family and I'm like, wow, this is like being a police officer or something, in a war or something. Like you're literally going out to do your job every day, knowing that something could happen. Something can happen to you."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Could Miley be the Person of the Year?



PAT HEALY
Metro World News

Time magazine's managing editor Nancy Gibbs announced the shortlist for Person of the Year on the Today show yesterday and one inclusion may surprise you: Miley Cyrus.

Yes, the person most famous for twerking all over our TV screens is in the running with President Obama, Pope Francis, Amazon founder Jeff Bezos, Syria's President Bashar Assad, Iran's President Hassan Rouhani, Texas Sen. Ted Cruz, Secretary of Health and Human Services Kathleen Sebelius, Edward Snowden and gay rights activist Edith Windsor for the title.

"Power is not just political. It can be cultural, it can be spiritual. She came in like a wrecking ball, literally," Gibbs said, trying desperately to have this make sense.

"At a time when you're living with an explosion of exhibitionism since we all now carry cameras with us at all times, she is a symbol of the way we live."

Ben says love in the limelight has made him feel like a felon

Ben Affleck says being a movie star is about as fun as being a suspected murderer, at least when it comes to love and marriage.

"The crucible by flashbulb," he told Playboy of his relationships with the Jennifers (Lopez and Garner).

"It was magazines then, and those days are more or less gone. Now it's online, but it's the same thing. At the nadir of that I felt I was being treated worse than Scott Peterson, who at least got the benefit of the word alleged when they talked about him."

Twitter



@mindykaling
The secret is if you stay late enough the lakers girls dancing gets sexier and they wear less clothes. They started in baggy verizon tshirts and now they're in like gold and purple string bikinis. It's the best



@tonyhawk
Today I learned that de-icing a plane can take an extraordinarily long time... & the whole idea kinda freaks me out.



@ChloeGMoretz
the best feeling is listening to all i want for christmas is you with someone you love



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Keeping pounds off with healthy holiday drinking

Sipping celebrations. The Food Babe weighs in on what to avoid when you're attending those multiple holiday shindigs

ANDREA PARK
Metro World News



Celebrate all you want — just do it responsibly. ISTOCK PHOTOS

Holiday parties are filled with good cheer, friends and of course, plenty of booze. Maybe you're looking for the cocktail or beer that will do the least damage to your body? Activist and blogger Vani Hari, also known as the Food Babe, talked to Metro about how to pick your poison during the holidays.

Beer

You'd be surprised by the "extras" some manufacturers add to your favorite beers. Hari called individual companies to ask for ingredient lists and found that some beers contain ingredients like corn syrup and caramel coloring. Caramel coloring is known to be carcinogenic. It contains a chemical called 4-methylimidazole, which has been linked to cancer in animals. Hari said beer manufacturers use caramel colouring to give the beers a "deep golden brown" colour that is typically achieved by using high quality hops. Newcastle is one brand that uses caramel coloring in its beers.

Hari said some of the mass-produced beers that have corn syrup in their ingredients list include Corona, Miller, Coors, Pabst Blue Ribbon and Red Stripe. Heineken, Amstel and Sierra Nevada are a few popular brands that do not use genetically modified ingredients or other unsavory additives.

Even so, Hari recommended seeking out beers from local microbreweries first.

"Those smaller breweries are generally not using the crazy additives that other companies use to save money or produce faster," she said.

Go easy

Of course, the healthiest way to go is to avoid drinking when possible.

- **A simple solution.** "You don't have to drink at every holiday party," said Hari. "If you have five parties in a week, don't feel like you have to drink at all of them. A club soda with lime on the rocks looks like a vodka tonic so you can blend in."

Wine

Not all wines are created equal. Hari said some wines are produced with poor quality grapes and can include preservatives, additives and sulfites. Sulfites have been linked with allergic reactions and asthma. Hari suggested buying organic wines, which eliminate exposure to pesticides and other additives.

She likes drinking biodynamic wines by Frey and Robert Sinskey. "They take it up another notch by making wines that are biodynamic," said Hari. "You're not just drinking organic wine, but wine that's also environmentally friendly."

Hard alcohol

Again, Hari urged consumers to buy organic hard alcohol, as it's impossible to simply check an ingredients label for additives. "You're also not going to have genetically engineered corn or soy in the organic versions of liquors," said Hari.

Hari said your best bet is to go for the simplest spirits — flavored ones may contain artificial or natural flavors that can include a range of substances, including castoreum, which is sometimes derived from beavers' anal glands.

Agave plants are not sprayed with pesticides as much as other plants, thus agave-derived liquors like 100 per cent agave tequila (Patron is one brand) are "very clean," according to Hari.

As far as navigating cocktails at holiday parties, Hari said it's best to go for unflavored mixers as well, like soda water or 100 per cent juices.

"Stay simple," she said. "Juice is way better for you than Pina Colada or Bloody Mary mix. The holidays are a time to have a good time and let loose, so just minimize the damage by trying to pick the best drinks."



Best Health

Give gifts from the heart



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health magazine, we rounded up some beautiful and practical gift ideas, all with a healthy twist. Pick up the issue to find a roundup of items that cover all four of our healthy pillars: Look Great, Get Healthy, Eat Well and Embrace Life.

But we also suggest gifts like donating your time. According to research volunteering can improve mental health and help you live longer. Here are three charitable gift ideas.

Plan Canada Gifts of Hope Newborn Checkup, $30. This home visit will check in with a mom and newborn within the first three days of birth — a crucial time to ensure that baby is thriving and mom is recovering well. Go to plancanada.ca/gifts for more information.



Open your heart and wallet. ISTOCK PHOTOS

Toms One For One
For every pair of Toms shoes purchased, the company will donate a pair to a child in need.

The company currently donates shoes to people in more than 60 countries. Browse styles and find a retailer near you at toms.ca.

World Vision Christmas Ornament Set (Trio), $85. Give a holiday gift that supports African entrepreneurs. One ornament set includes crafts by Kenyan artisans who received a World Vision micro-loan to start their business. For more information, go to worldvision.ca/gifts.

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Do you think you have seasonal affective disorder?

Bad in bed. It might have nothing to do with the changing of the seasons, you might just simply be sleep-deprived

LINDA CLARK
Metro World News

Are you feeling extra sleepy now that the days are short and the nights are long? Does a dark, cold afternoon make you want to curl up and snooze?

Well, it's not entirely due to the change in the seasons, according to Dr. Lawrence J. Epstein, an associate physician of sleep medicine at Brigham and Women's Hospital in Boston. He says it's more likely due to year-round sleep deprivation.

"Humans don't hibernate — if people feel like sleeping longer in the winter, it's likely due to sleep problems in general," says Epstein. "People are just not getting enough sleep. Over the past 50 to 75 years, our sleep has been decreasing. This is not good. It causes changes in the body's physiology. It's not healthy."

Inadequate sleep is associated with weight gain, changes in glucose metabolism leading to diabetes, hypertension and an increased risk of heart disease.

"People who have poor sleep don't live as long," says Epstein. "You don't feel good. Cognitive function is impaired, reaction time is slower, attention decreases and judgment is impaired."



Shake out the cobwebs with some simple changes. ISTOCK PHOTOS

Sleep tips

Here are some tips to help establish and maintain your personal sleep pattern

- **Routine.** Go to bed at the same time and get up at the same time every night
- **Schedule.** Set aside enough time for sleep
- **Get ready.** Establish a relaxing pre-sleep routine
- **Do not touch.** Avoid alcohol and caffeine

If you're feeling particularly grumpy or depressed — in addition to sleepy — this time of year, Epstein says those symptoms are more in line with seasonal affective disorder (also known by its appropriate acronym, SAD), but notes that "exposure to light usually fixes the problem."

Indeed, light exposure sets circadian rhythms (the body's internal clock), determining when we sleep.

That's why some people might sleep longer in winter, when there's less daylight, and that inclination for extra sleep can be a good opportunity to establish more restful long-term sleep habits.

"You can absolutely reset your sleeping pattern," says Epstein. "It can be very individual; not everyone sleeps at the same times and for the same amount of time."

He recommends testing out going to bed when you're sleepy and waking up when you want (if you're lucky!) to figure out what sleep schedule works best for you.

"Initially, you're making up for lost sleep, (but) in two weeks, you're waking up feeling refreshed and you've found your natural sleep period."

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Announcement





Comfort Orthotics & Podiatry Clinic

Podiatrist
Philip I. Sneyd
BSc (Hons) Pod MChS

We are pleased to announce Philip Sneyd has joined the team at Comfort Orthotics. Philip received his Podiatry degree from Huddersfield University in Yorkshire England and is pleased to call Nova Scotia his new home. Philip offers gentle, effective podiatry services and is trained to assess, diagnose and treat conditions of the lower leg, ankle and foot. He also performs soft tissue and nail surgery under local anaesthesia as required. Philip is a registered insurance provider and a member of the NS Podiatry Association. NOW ACCEPTING NEW PATIENTS.

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Frosty the Shortbread Snowman was a very jolly treat

1. Line 3 rimmed baking sheets with parchment paper.

2. Beat butter with icing sugar, vanilla and salt until fluffy. Add flour and mix well. Chill until easy to handle.

3. Measure level 30 ml (2 tbsp) portions into 8 balls for snowman bases; arrange on prepared baking sheet. Measure level 15 ml (1 tbsp) and 10 ml (2 tsp) portions respectively for 8 bellies and 8 heads of snowmen. Arrange on baking sheets. Chill for 30 minutes.

4. Heat oven to 180 C (350 F). In batches, bake largest balls for 18 minutes, medium balls for 15 minutes and smallest balls for 12 minutes or until balls are golden on the bottom and set. Let cool completely.

5. Roll in icing sugar to coat. Create a paste using additional icing sugar and water (see fact box); use to stack and assemble balls into a snowman shape. Decorate as desired with candies. THE CANADIAN PRESS/ GAY LEA FOODS

Ingredients

- 375 ml (1 1/2 cups) softened unsalted butter
- 175 ml (3/4 cup) icing sugar (plus extra for decorating)
- 7 ml (1 1/2 tsp) vanilla extract
- 2 ml (1/2 tsp) salt
- 750 ml (3 cups) all-purpose flour
- Mini chocolate chips, gum drops, licorice whips, jelly beans, fruit leather, etc.

Easy Icing Sugar Glue

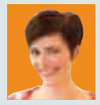
Stir 90 ml (6 tbsp) icing sugar with 7 ml (1 1/2 tsp) water. Spoon small dab between balls to assemble snowmen. Use toothpicks to help paste on small items.



This recipe makes eight snow people. THE CANADIAN PRESS

Health Solutions

Let the loafing begin



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is loaf season!

And I do not mean the kind of loaf you do on the sofa. I mean the kind you bake a stack of, wrap up and take to every party as a hostess gift.

Banana loaf can be so ho hum but to add a little ho ho ho, think about stirring in one or some of these ingredients:

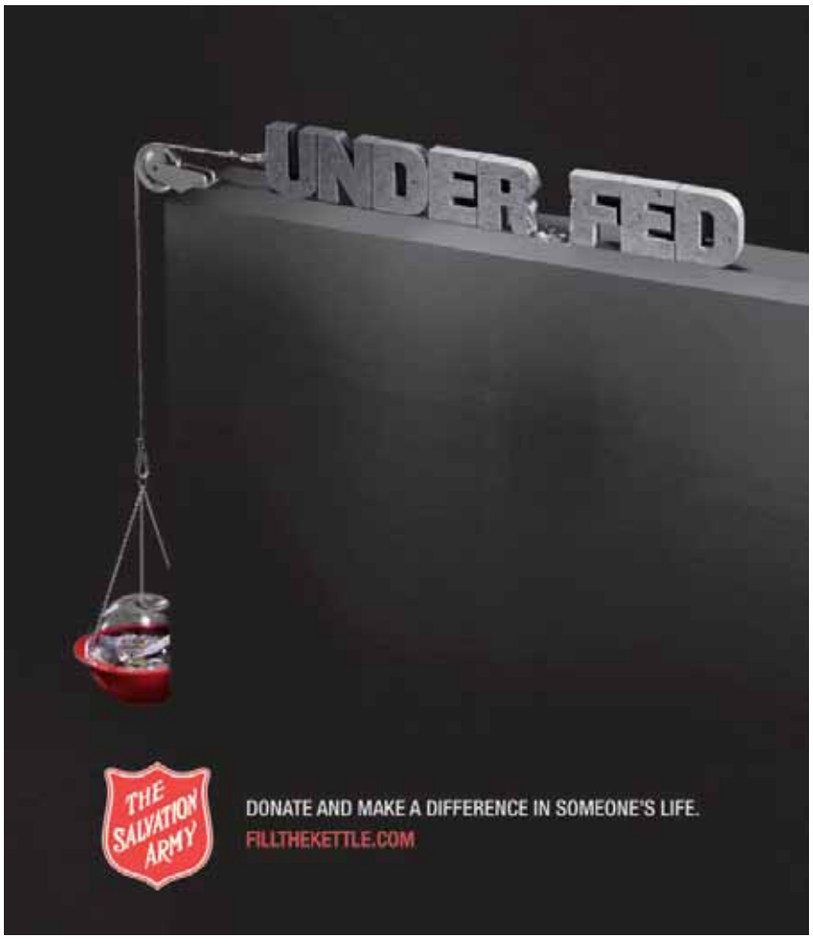
- Chopped Medjool dates
- Crushed candy canes
- Chocolate covered espresso beans (placed on top when loaf is half baked)
- Grated zucchini
- Chopped pieces of brie with grated apples
- Cocoa nibs
- Hemp seeds
- Pineapple chunks
- Hot peppers and lime juice (to make a more savoury loaf)

There is no reason the holidays have to be unhealthy or boring. Just a few simple jazzy bits can make all the difference.

Remember to wrap your loaf in plastic and tie it with a pretty ribbon. Everyone likes an edible gift (that they can re-gift and look like a star even though they didn't do a darned thing!).



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Doubling oats makes them breakfast food

Many people would balk at the idea of eating holiday cookies for breakfast, but this recipe might make you reconsider.

These Double-the-Oats Oatmeal Cookies are so jammed with oats — making them tender and wonderfully chewy and rich — that eating them is like enjoying a morning bowl of oatmeal in the form of a cookie.

Feel free to substitute 1 1/2 cups of dark chocolate chips and 1 cup of chopped walnuts for the cherries and pecans.



This recipe makes three dozen cookies. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 eggs
- 1 tbsp vanilla extract
- 1 cup dark brown sugar
- 1/2 cup granulated sugar
- 1 cup vegetable oil
- 1 1/2 cups all-purpose flour, sifted
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 tsp ground cardamom
- 1/2 tsp salt
- 3 1/2 cups old-fashioned rolled oats (not quick-cooking), divided
- 1 1/3 cups dried cherries
- 1 generous cup pecan halves, coarsely chopped

1. Heat the oven to 350 F. Line a baking sheet with kitchen parchment.

2. In a large bowl, whisk the eggs and vanilla until frothy. Add both sugars and the oil. Mix until well blended and creamy in appearance.

3. In a medium bowl, whisk together the flour, baking soda, cinnamon, cardamom and salt. Add to sugar and egg mixture and mix until completely combined. Mix in 2 cups of the oats, then the cherries and pecans. Add the remaining 1 1/2 cups of oats and mix well. The batter will be stiff.

4. Working in batches, use teaspoon to drop cookie dough on prepared sheet, leaving about 2 inches between cookies. Bake for 14 to 15 minutes, or until golden brown and still soft at the centre. Cool for 2 minutes on the baking sheet, then use a spatula to transfer to a rack to cool completely. THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.

Having fun at the Xmas work party is a tightrope, need help walking it?



Enjoy! But avoid getting too drunk and making a scene. ISTOCK

Eat more, drink less. Gratitude, discipline, light flirting and being yourself is a great start but always remember it's not just some bar, it's your office

JULIA FURLAN
Metro World News

Sure, the halls are decked and there's an array of festive booze ready to be guzzled, but an office holiday party is a ruse. In fact, "office" matters a lot more than "party" in the grand significance of the event. If you're smart, you can make an office holiday party good for your career (and have a little fun, too).

Karen Elizaga is an executive coach and author of Find Your Sweet Spot: A Guide to Personal and Professional Excellence, and she says that it's important to walk into the holiday bonanza with a certain amount of decorum. "It's certainly a time to celebrate with your colleagues, but it's definitely not a time for payback," she advises. "I tend to think of these parties as a work event, so I go prepared."

Preparedness doesn't mean arriving with a Santa beer helmet or a naughty little elf outfit. A holiday party is an internal networking event, Elizaga says, so she recommends you walk in with a few topics of conversation prepared — and never on an empty stomach. "If you show up well-fed, the chances of you doing something crazy is much less. Watch your alcohol intake."

As the founder of the catering and event planning company Between the Bread, Ricky Eisen may have a different perspective from Elizaga, but her first piece of advice is the same: "Don't drink too much."

She also says there's no classier move than for employees to thank the person who planned the party. And if the tinsel and holly aren't really your style, don't mention it, Eisen says. "Respect the effort of the person who put it together, whether or not it's the kind of party you would throw."

Both experts agree on one thing: It's about the people. "You want people to see your personality. It might not shine through (at work) when you're so focused and serious," Elizaga says. Most importantly, just because you're not shotgunning beers doesn't mean you can't revel in the festive spirit: "Make sure you have fun." she says. Here's some tips to use by the punch bowl ...

Network
"An office party is such a great time to make those connections," Elizaga advises. "Somebody who works outside of your immediate vicinity or who you want to pay special gratitude to because they helped you get something done — it's a really great time to connect."

Be aware of monopolizing people's time
"There may be somebody you want to talk to because you think they can help you professionally, but understand that they want to talk to other people, too. Be cognizant of the time that you're taking," Elizaga reminds revelers.

Say thanks
"If you're attending, make sure you go over to the person who planned it and thank them. I think that goes a huge long way to showing that you have manners and proper etiquette," Eisen suggests.

You can flirt, cautiously
"I think it's perfectly acceptable to make a connection with somebody you've had your eye on at work. But be guided by what's appropriate. This is not some random bar or party you're at. This is your office," Elizaga says.

Dreading those long hours at the mall? It's time to make shopping a teachable moment

Planning. If you let kids help with making lists and doing online research, they can learn lots about budgeting



YOUR MONEY
Alison Griffiths
money@metronews.ca

Talk about humbug! I've never heard so many parents grousing about the holiday season and especially about shopping.

I feel it's my duty to put the sparkle back in the spirit of the holidays. So, instead of dreading hours at the mall, enlist your little darlings to do as much as possible. Allowing them to take the holiday lead offers the best kind of financial literacy teachable moment.

Here's how to set off on the right (and least stressful) foot this season.

The list
Whether it is done via an app or on the back of an envelope, the list is the cornerstone of smart shopping. Children easily get distracted once in the stores; lists keep them focused. Younger children can dress up their lists with a photo of the desired gift next to the person's name. Don't hover, Mom and Dad! Help out with names for their list, then allow them to come up with ideas on their own.

Older kids can use one of the many apps available such as Gift List, My Christmas Shop and Christmas List. They are all well rated and suitable for adolescents through teens. Most keep a running spending total, which is a boon.

The budget
Like macaroni needs cheese, a list needs a budget. Just as children learn language through repetition and context, so they will come to understand they can afford a pair of argyle socks for Grandpa but not an argyle cashmere sweater.

Have older kids do some online price research and surf for coupons and deals. This is the kind of tech challenge most will enjoy.

Encourage homemade gifts for all ages. Again, let them do as much as possible. Kids are natural-born creators.

The shopping
One word — organization. There's still plenty of time. Take two or three shorter shopping trips rather than an all-day marathon. Match the amount spent with what is budgeted. Apps will help with this. Have kids ask for gift receipts, and remember not to micro-manage.

Give children financial responsibility and it won't take long before they help make holiday shopping a more pleasurable experience.



Children are easily distracted in stores, but lists can help keep them focused. ISTOCK

NHL



"I don't plan on being extremely emotional, but I don't know.... I guess I don't rule it out." **Former Flames captain Jarome Iginla,** who plays his first game in Calgary as a Boston Bruin on Tuesday since being traded last spring.

NFL

Pats facing life without Gronk

The New England Patriots must get used to playing without Rob Gronkowski again.

The star tight end who missed the first six games while recovering from surgeries is done for the season after being placed on injured reserve Monday with a damaged right knee.

"I'd like to think there's going to be some carry-over there, not only (from) the first six weeks of the season, but the entire training camp as well," coach Bill Belichick said Monday. "That's the way we practiced and played most of the year."

Gronkowski was hurt in the Pats' 27-26 win over the Cleveland Browns on Sunday when he was hit by T.J. Ward. THE ASSOCIATED PRESS

Baseball Hall of Fame

Managing legends Cooperstown bound

Joe Torre, Tony La Russa and Bobby Cox, baseball's winningest managers over the past four decades, were unanimously elected to the Hall of Fame on Monday by the expansion era committee.

Each won more than 2,000 games and was selected on all 16 ballots when the committee met Sunday ahead of baseball's winter meetings.

"Managing against them, you certainly learned things," said Torre, now an executive vice-president for Major League Baseball. "I am honoured to go into the Hall with these two guys."

Induction ceremonies will be held July 27 in Cooperstown, N.Y. THE ASSOCIATED PRESS

Doc decides to ride off into sunset a Blue Jay

MLB. Toronto great tips hat to club that drafted him in official retirement announcement

In the end, Roy Halladay went back to his major-league roots.

Halladay signed a one-day contract with the Toronto Blue Jays on Monday that allows the veteran right-hander to retire as a member of the team with which he broke into the majors and spent the bulk of his distinguished 16-year career.

Halladay made the announcement at a news conference in Lake Buena Vista, Fla., site of the baseball meetings.

"As most people know, I was very lucky to have a lot of people in the organization really develop and help me become the player I was able to become," Halladay said.

"It really turned my career around and it made a big difference in my career and that's why I'm very fortunate to retire as a Blue Jay."

Halladay spent his final four major-league seasons with the Philadelphia Phillies and also went to great lengths to express his gratitude to that organization and its fans.

Halladay was drafted 17th overall by Toronto in 1995 and made his major-league debut three years later as a September call-up.

His first game was unremarkable. In five-innings against Tampa Bay, he gave up three runs and a homer in a 7-5 win. A week later, Halladay went the distance against Detroit. His stat line reads like what Toronto fans would come to expect: Nine innings, eight strikeouts, no walks and just a run allowed in a 2-1 win.

The dominant starter, however, wouldn't emerge until after several ugly seasons. A serviceable season in '99 led to a disastrous 2000 when he finished with a 10.64 ERA.

That was the turning point. Instead of giving up on Halladay, Toronto sent him to single-A Dunedin in '01 to rebuild his mechanics. He was promoted through double- and triple-A until returning to the Blue Jays on July 2.

His first game back was ugly — six runs allowed in two-plus innings of relief against Boston. But Toronto kept him in the majors and he started every game the rest of the season, finishing with a complete-game shutout against Cleveland for a respectable 3.16 ERA.

Halladay never looked back. THE CANADIAN PRESS



Two-time Cy Young award winner Roy Halladay announces his retirement after 16 seasons in the major leagues on Monday at the baseball winter meetings in Lake Buena Vista, Fla. JOHN RAOUX/THE ASSOCIATED PRESS

Halladay's Jays numbers

148

Roy Halladay's 148 wins as a Blue Jay sit second behind Dave Stieb.

ERA

3.43

Third in Jays history, just barely behind Stieb and Jimmy Key (tied at 3.42).

Innings pitched

2046.2

Third, behind Stieb and Jim Clancy

Strikeouts

1,495

Second, behind Stieb

WHIP

1.20

Tied for first with Key

Complete games

67

Third, behind Stieb and Clancy

Wins above replacement

51.9

First among all Jays, per Fangraphs.com. TORSTAR NEWS SERVICE

Cornish never banked on Lou Marsh honour



2013 Lou Marsh award winner Jon Cornish THE CANADIAN PRESS

No one was more surprised by Jon Cornish capturing the 2013 Lou Marsh award as Canada's top athlete than the Calgary Stampeders running back himself.

Cornish narrowly defeated Milos Raonic, the first Canadian men's singles tennis player to achieve a top-10 world ranking, and Kaillie Humphries, who dominated the women's bobsled circuit this season, for the honour.

"I really didn't know anything was going on, I was just getting ready to go for a day of work," said Cornish, employed as a bank rep in Calgary during the off-season. "But then (Stampeders communications director) Jean Lefebvre called and informed me that I had been selected.... This was a nice little addition to my day."

And in a truly CFL moment, the 29-year-old Cornish spoke to reporters during a conference call while on a break at the bank Monday.

Cornish became just the third Canadian to win the CFL's outstanding player award after rushing for a 1,813 yards.

The native of New Westminster, B.C., also led the league with 2,157 yards from scrimmage and 14 TDs en route to being named the CFL's top Canadian.

He's the first Canadian to win the CFL's top player award since Ottawa Rough Riders tight end Tony Gabriel in 1978 and the first CFL player to claim the Lou Marsh since legendary Ottawa QB Russ Jackson in 1969. THE CANADIAN PRESS

Top Pens post pair in win



The Penguins' Sidney Crosby skates around the Blue Jackets' Fedor Tyutin in the first period in Pittsburgh, Monday. GENE J. PUSKAR/THE ASSOCIATED PRESS

NHL. Crosby, Malkin lead Pittsburgh past Columbus for 6th straight victory

Evgeni Malkin's favourite running mate is serving a five-game NHL suspension.

No matter. The Pittsburgh Penguins star can handle things by himself when he needs to.

Malkin scored in his return from a lower-body injury, Sidney Crosby added his 16th goal, and the Penguins beat the Columbus Blue Jackets 2-1 on Monday night.

Pittsburgh won its sixth straight home game behind 32 saves by Marc-Andre Fleury and some vintage work by Malkin. The Russian missed Pittsburgh's previous two games after hurting himself in a game-day skate on Thursday.

He appeared to be just fine when he bulled his way toward the Columbus net 4:16 into the second period for his eighth goal of the season. Malkin brushed off defenceman Jack Johnson and then deftly poked a shot past the outstretched stick of goalie Curtis McElhinney.

Not bad for a guy who sometimes struggles when separated from linemate James Neal, who served the first game of the suspension he received for kneeing Boston's Brad Marchand of Hammonds Plains in the head during a loss on Saturday.

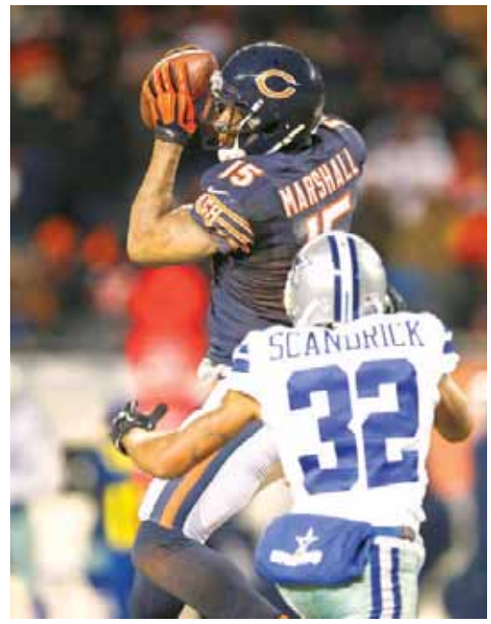
"There's no doubt they're good together," Crosby said. "They're both really good players. When they don't have each other, they're capable of making plays, too."

Crosby pushed his point total to an NHL-best 43 when a centring pass from Pascal Dupuis deflected off Crosby's leg and into the net 8:52 into the third. THE ASSOCIATED PRESS

Suspension

"There's no doubt they're good together."

Sidney Crosby on Evgeni Malkin and James Neal, who was suspended after kneeing Hammonds Plains-native Brad Marchand.



Cowboys collapse in the cold

Brandon Marshall of the Chicago Bears makes a catch for a first down over Orlando Scandrick of the Dallas Cowboys at Soldier Field on Monday in Chicago. Bears quarterback Josh McCown threw for a career-high four touchdowns, and the Bears scored on their first eight possessions to grab a share of the NFC North lead with a 45-28 victory over the Cowboys on a frigid night. JONATHAN DANIEL/GETTY IMAGES







‘It just wasn’t working’: Ujiri

NBA. Raptors GM cites spacing, conflicting skill sets as reasons Gay was odd man out

Rudy Gay and the Toronto Raptors just didn’t work out, according to team general manager Masai Ujiri.

Ujiri said he didn’t have a problem with Gay’s talent level or attitude. But he said that the Raptors were lacking in chemistry, and changes had to come.

So Ujiri pulled off his second major trade since joining the Raptors in the off-season, sending Gay and his sizable contract to the Sacramento Kings.

“Phenomenal talented player, it just wasn’t working,” Ujiri said at a press conference Monday.


Rudy Gay GETTY IMAGES FILE

Ujiri said there were issues with spacing on the floor, and also acknowledged the suggestions that Gay and guard DeMar DeRozan did many of the same things on the court.

The seven-player deal also sees centre Aaron Gray and forward Quincy Acy head to the Kings.

The Raptors receive guards John Salmons and Greivis Vasquez, forward Patrick Patterson and centre Chuck Hayes in return.

Gay averaged 19.4 points per game, 7.4 rebounds and 2.2 assists for the Raptors this season.

The player who should make the biggest impact on the Raptors coming the other way is likely Vasquez. The six-foot-six, 211-pound guard is known as a decent ball distributor, which should help a team ranked dead last in the league in assists.

Vasquez has averaged 9.8 points, 1.9 rebounds, 5.3 assists and 25.8 minutes in 18 games with the Kings this season.

The team also announced Monday that it has waived back-up point guard D.J. Augustin. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	30	20	8	2	84	61	42
Montreal	31	19	9	3	85	65	41
Detroit	31	15	9	7	85	82	37
Tampa Bay	29	17	10	2	80	70	36
Toronto	31	16	12	3	86	87	35
Ottawa	31	12	14	5	91	103	29
Florida	31	9	17	5	70	104	23
Buffalo	30	6	22	2	51	91	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	32	21	10	1	98	71	43
Washington	30	16	12	2	92	85	34
Carolina	30	13	12	5	71	84	31
NY Rangers	31	15	15	1	69	80	31
New Jersey	31	12	13	6	69	77	30
Philadelphia	30	13	14	3	68	78	29
Columbus	30	12	15	3	73	82	27
NY Islanders	30	8	17	5	75	104	21

Monday’s results
Pittsburgh 2 Columbus 1
Ottawa 5 Philadelphia 4 (SO)
NY Islanders at Anaheim
Carolina at Vancouver
Sunday’s results
Minnesota 3 San Jose 1
Chicago 6 Florida 2
Boston 5 Toronto 2
Washington 4 NY Rangers 1
Vancouver 3 Colorado 1
Tuesday’s games
All Times Eastern
Los Angeles at Montreal, 7 p.m.
Tampa Bay at Washington, 7 p.m.
Ottawa at Buffalo, 7 p.m.
New Jersey at Columbus, 7 p.m.
Nashville at NY Rangers, 7:30 p.m.
Detroit at Florida, 7:30 p.m.
St. Louis at Winnipeg, 8 p.m.
Chicago at Dallas, 8:30 p.m.
Phoenix at Colorado, 9 p.m.
Boston at Calgary, 9:30 p.m.
Carolina at Edmonton, 9:30 p.m.
NY Islanders at San Jose, 10:30 p.m.
Wednesday’s games
Los Angeles at Toronto, 7:30 p.m.
Philadelphia at Chicago, 8 p.m.
Minnesota at Anaheim, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	32	21	6	5	116	89	47
St. Louis	28	19	6	3	98	66	41
Minnesota	32	18	9	5	77	75	41
Colorado	28	20	8	0	82	65	40
Dallas	28	14	9	5	81	80	33
Winnipeg	31	14	13	4	82	88	32
Nashville	30	13	14	3	67	88	29

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	32	20	7	5	101	84	45
San Jose	30	19	6	5	101	75	43
Los Angeles	30	19	7	4	79	62	42
Vancouver	32	17	10	5	86	81	39
Phoenix	29	16	8	5	94	93	37
Calgary	29	11	14	4	78	98	26
Edmonton	31	10	18	3	84	105	23

Note: Two points for a win, one point for overtime loss.

Thursday’s games
Montreal at Philadelphia, 7 p.m.
Columbus at NY Rangers, 7 p.m.
Buffalo at Ottawa, 7:30 p.m.
Detroit at Tampa Bay, 7:30 p.m.
Toronto at St. Louis, 8 p.m.
Dallas at Nashville, 8 p.m.
Colorado at Winnipeg, 8 p.m.
Carolina at Calgary, 9 p.m.
NY Islanders at Phoenix, 9 p.m.
Boston at Edmonton, 9:30 p.m.
Minnesota at San Jose, 10:30 p.m.

NFL

Monday’s result
Chicago 45 Dallas 28
Sunday’s results
Kansas City 45 Washington 10
Baltimore 29 Minnesota 26
Tampa Bay 27 Buffalo 6
N.Y. Jets 37 Oakland 27
Miami 34 Pittsburgh 28
New England 27 Cleveland 26
Cincinnati 42 Indianapolis 28
Green Bay 22 Atlanta 21
Philadelphia 34 Detroit 20
Denver 51 Tennessee 28
San Diego 37 N.Y. Giants 14
San Francisco 19 Seattle 17
Arizona 30 St. Louis 10
New Orleans 31 Carolina 13

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	18	3	.857	—
d-Miami	16	5	.762	2
Atlanta	11	10	.524	7
d-Boston	10	12	.455	8½
Detroit	10	11	.476	8
Charlotte	10	11	.476	8
Washington	9	11	.450	8½
Chicago	8	10	.444	8½
Toronto	7	12	.368	10
Cleveland	7	13	.350	10½
Philadelphia	7	15	.318	11½
Orlando	6	14	.300	11½
Brooklyn	6	14	.300	11½
New York	5	14	.263	12
Milwaukee	4	16	.200	13½

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	17	4	.810	—
Oklahoma City	15	4	.789	1
d-San Antonio	15	4	.789	1
d-L.A. Clippers	14	8	.636	3½
Houston	15	7	.682	2½
Denver	13	8	.619	4
Dallas	13	8	.619	4
Phoenix	11	9	.550	5½
Golden State	12	10	.545	5½
L.A. Lakers	10	10	.500	6½
New Orleans	9	10	.474	7
Memphis	9	10	.474	7
Minnesota	9	11	.450	7½
Sacramento	5	13	.278	10½
Utah	4	18	.182	13½

x - clinched playoff berth; **y** - division; **z** - conference.

Monday’s results
L.A. Clippers 94 Philadelphia 83
Charlotte 115 Golden State 111
Denver 75 Washington 74
Orlando at Memphis
Portland at Utah
Dallas at Sacramento
Sunday’s results
Boston 114 New York 73
Miami 110 Detroit 95
Houston 98 Orlando 88
Oklahoma City 118 Indiana 94
Toronto 106 L.A. Lakers 94
Tuesday, December 10
San Antonio at Toronto, 7 p.m.
New York at Cleveland, 7 p.m.
Miami at Indiana, 7 p.m.
Minnesota at Detroit, 7:30 p.m.
Oklahoma City at Atlanta, 7:30 p.m.
Boston at Brooklyn, 7:30 p.m.
Milwaukee at Chicago, 8 p.m.
Phoenix at L.A. Lakers, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Avoid wishful thinking today. Cosmic activity in areas of your chart that deal with self-deception could lead to silly mistakes. Reality is what it is. There is no need to embellish it or wish it were something different.

♉ Taurus
April 21 - May 21
Be careful what you say if someone asks for advice. Make sure what you tell them comes from your experience and is not something you picked up from an unreliable source.

♊ Gemini
May 22 - June 21
You seem to be getting through a lot of work, which is good. But you won't be able to keep up this pace. Think of ways you can ease back a little. You need to stay sharp, both mentally and physically.

♋ Cancer
June 22 - July 23
You don't lack for confidence or ideas but there is a danger today that you could mislead yourself about the true state of your affairs. Think positive by all means but don't let wishful thinking take a hold on you.

♌ Leo
July 24 - Aug. 23
Sit down and have a heart-to-heart talk with someone you care for. A lot has been said and done in recent days, and the time has come to clear the air. Be honest about your feelings.

♍ Virgo
Aug. 24 - Sept. 23
You are in a carefree mood and should cheer up loved ones who do not share your happy-go-lucky outlook. You can't change the world but you can make people smile.

♎ Libra
Sept. 24 - Oct. 23
Can you trust your senses? Most of the time. But today you would be wise to question what your eyes and ears tell you. Are you seeing and hearing what's really there?

♏ Scorpio
Oct. 24 - Nov. 22
Start something new. Yes, you have failed to follow through so many times in the past but this time will be different. What happened to all those big ideas you had? They're still there.

♐ Sagittarius
Nov. 23 - Dec. 21
Your mind may be bubbling with a dozen great ideas but if you try to follow them all, you will get nowhere fast. Decide what is the one aim that means the most to you then put your heart and soul into it.

♑ Capricorn
Dec. 22 - Jan. 20
Make sure you deal only with people who are original today. Some of their ideas may be a little way out for your more traditional tastes but no matter, they will encourage you to try a few creative tricks of your own.

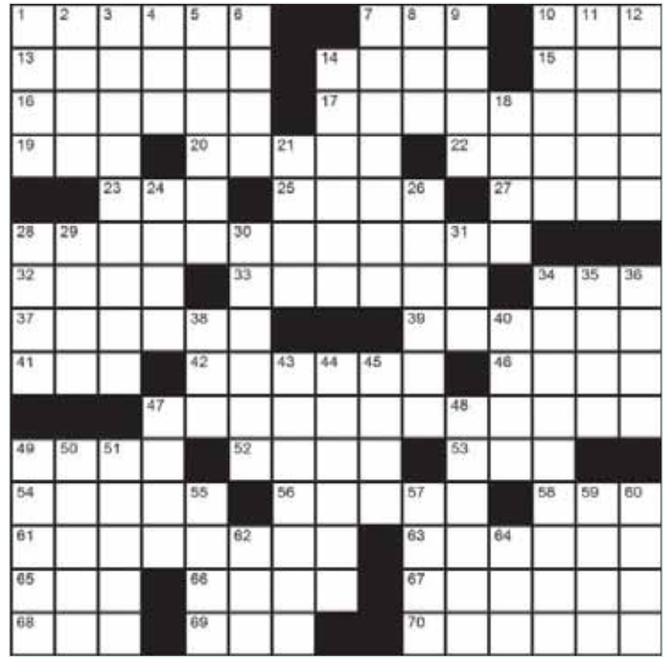
♒ Aquarius
Jan. 21 - Feb. 19
Bring your plans up to date. Sit down with a pen and paper, and write down your top three objectives. Then map out how you are going to get from where you are now to where you want to be.

♓ Pisces
Feb. 20 - March 20
If you are thinking of taking a trip, that's good, but keep your plans flexible. Last minute changes are more likely than not over the next 24 hours, so be prepared. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



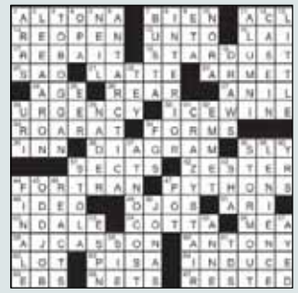
Across

1. Return to a place: 2 wds.
7. Wildebeest
10. Ferrell's festive flick
13. "The Middle" star Patricia
14. Pictured
15. Ms. Leoni
16. Use sticky stuff then decide to peel away from it
17. Valley on Vancouver Island; also, a beautiful sweater from there
19. Crop
20. Persist
22. An 'it'
23. Here: French
25. Associations [abbr.]
27. Pretends
28. Lake Manicouagan in Quebec is ring-shaped because it's a what from 215 million years ago?: 2 wds.
32. Car's need
33. Canadian author Mr. Choy
34. "__, _ don't." (Retort to "Yes, you do.")
37. "The ___ Know" by Collective Soul
39. Nice
41. Nav. designation
42. "Clever fellow!": 2 wds.
46. Has to pay
47. Leader of the Green Party of Canada: 2 wds.
49. Gumbo ingredient
52. Pre-midnight, __ _'clock
53. One: Spanish
54. De-crease
56. Repenters
58. Tea, in Tadoussac
61. English folklore hero: 2 wds.
63. Old Testament's Book of __
65. Disney deer
66. Latin hymn: "Dies __"
67. Aviators
68. Actor Mr. Shepard
69. No __ intended
70. __ identity

Down

1. Ra's al __ (Batman foe)
2. Prefix meaning 'Wine'
3. Kilt-wearing musicians
4. Nfld's ocean
5. Daytime talk host Katie
6. Human 'cap' site
7. Hannah __, Canadian singer
8. __ and improved
9. Division
10. Moral principle
11. Resembled the Tower of Pisa
12. Dracula costume must-haves
14. Move along quickly
18. Overdo, as steak
21. __-Cola
24. Ring up
26. Stuff with food
28. "Don't mind __ __ do." (That'd be great for us)
29. Subatomic particle
30. Dusky
31. WSW opposite
34. Mary, on December 25th, way back when: 2 wds.
35. Vitamins brand, __ _ Day
36. __-bitsy
38. Internet hookup letters
40. Mindy of "The Facts of Life"
43. Canada's men's Olympic hockey team GM, Steve __
44. "The Blue __" by Johann Strauss
45. Hautbois
47. Direction
48. Scrap
49. Chose
50. Sweden's money
51. House-selling company
55. Boat
57. Sporty whistle blowers
59. Present
60. Once, poetically
62. South American country, for short
64. __-Tac-Toe

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8						5	1	
1				9	4		7	
	9							
			3		8	4		
	5	3	6		7	1	8	
		6	9		2			
							5	
	6		8	3				1
	4	2						3

Yesterday's Sudoku

6	4	8	2	9	3	1	7	5
1	5	2	4	7	6	9	3	8
3	9	7	5	1	8	2	4	6
9	8	3	1	6	4	7	5	2
5	1	4	7	2	9	8	6	3
7	2	6	3	8	5	4	9	1
4	6	9	8	3	1	5	2	7
2	3	1	9	5	7	6	8	4
8	7	5	6	4	2	3	1	9



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/iːzɪ ˈpiːzi/ adjective BRIT. *slang*

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